

DINNERLY



Balanced Roasted Tofu Salad with Potato, Green Beans and Miso Dressing



35 minutes



2 Servings

Who says veggie dinners are boring? Serve up sesame-ginger tofu, golden roasted spuds and crunchy green beans in a moreish miso dressing and sit down to bucketloads of flavour and texture.

WHAT WE SEND

- 150g green beans
- 1 spring onion
- 200g sesame, soy and ginger tofu ^{1,6,11}
- 300g chat potatoes
- 20g miso paste ^{1,6}
- 2 vegetable stock cubes
- 5g toasted sesame seeds ¹¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 3 tsp vegetable oil
- 2 tbs mayonnaise ³
- 2 tsp white wine vinegar ¹⁷
- 2 tsp honey

TOOLS

- oven tray
- baking paper
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 36.7g, Carbs 38.3g, Proteins 21.7g



1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Trim the **beans** and halve on an angle. Thinly slice the **spring onion** on an angle, including the green part. Cut the **tofu** pieces into quarters. Halve the **unpeeled potatoes**.



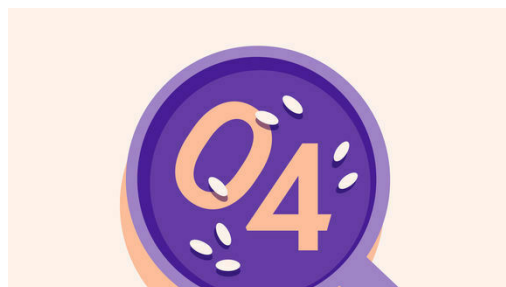
2. Roast potato

Put the **potato**, **half the miso** and **3 tsp vegetable oil** in a bowl. Crumble in **1 stock cube*** and stir until well combined. Spread over one side of the lined tray and roast for 15 mins. Spread the **tofu** over the remaining side of the tray and roast for a further 10 mins or until the potato is golden and tender and the tofu is warmed through.



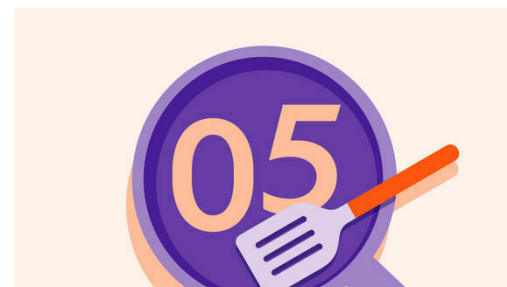
3. Cook beans

Meanwhile, bring a medium saucepan of water to the boil. Add the **beans** and cook for 1 min or until just tender and bright green. Drain and cool under cold running water.



4. Make salad

Combine the **remaining miso**, **2 tbs mayonnaise**, **2 tsp white wine vinegar** and **2 tsp honey** in a large bowl. Add the **potato**, **tofu**, **beans** and **half the spring onion** and toss to combine. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **salad** among plates. Scatter over the **sesame seeds** and **remaining spring onion** and enjoy!



6. Did you know?

A thick paste made from fermented soybeans, miso has a salty, rich flavour and brings lots of umami to a dish. There are three types: red, yellow and white. Generally the darker the colour, the stronger the flavour. White miso also contains fermented rice, which gives it a lighter, slightly sweet taste.